



# Hypnobirthing Home Study Course Manual: Step by Step Guide to an Easy, Natural and Pain Free Birth

*Kathryn Clark*

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## **Hypnobirthing Home Study Course Manual: Step by Step Guide to an Easy, Natural and Pain Free Birth** Kathryn Clark

This Hypnobirthing full birth preparation course will reveal all the tools and knowledge you need to have a natural, easy, safe and often pain free birth. It is quick and simple to master these techniques, all in the comfort of your own home and at your own pace. The *Hypnobirthing Home Study Course* is complete birth education, so you are fully prepared for your best birth experience. There is no need to attend any other hypnobirthing or birth preparation class, as this step by step guide covers natural birthing, alternative options and the best medical interventions. So no matter what path your birth ends up taking, you will be fully prepared, confident, calm, and in control.

By choosing Hypnobirthing Hub Home Study Course you are more likely to have a pain free and fear free birth. We have the highest rating of naturally pain free and fear free births of any Hypnobirthing program worldwide.

Over a period of six years, we have collected statistics on birthing outcomes. Over 85 percent of *Hypnobirthing Home Study Course* mothers birthed naturally and easily, with most saying they were entirely comfortable throughout the birth and didn't even think of asking for pain medication.

This hypnobirthing course will give you the tools to prepare positively for your amazing birth. It will help you embrace and understand the impact that your thoughts and fears can have on your birth experiences. This course will enable you to clear the path of obstacles and hurdles, and you will free yourself of fear and anxiety. You will achieve such freedom that when the time comes, your mind will no longer interfere with the already setup bodily functions of giving birth. The result? A birthing day that was simply amazing! You look back with pride at your easy, natural birthing day.

If you are after an excellent Hypnobirthing course that delivered what it promises then this program is for you.

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